



Check Your Bike

(Inexperienced cyclists may want to have these services performed by a bike shop)

- ✓ Check the fit of your bike. A proper fit is essential for a safe, efficient and enjoyable ride. A rough guideline for frame size is your inseam minus 10. If you're not sure, ask a local bike shop.
- ✓ Adjust the seat to the proper height. When your foot is at the bottom of the pedal stroke, your leg should be slightly bent.
- ✓ Be sure handlebars are secure.
- ✓ Keep pedals lubricated so they spin freely.
- ✓ Keep wheels lubricated and trued to spin freely without wobbling.
- ✓ Keep the chain lubricated and replace if worn.
- ✓ Check brakes for wear; replace rubber brake pads if worn.
- ✓ Check reflectors on pedals, wheels and frame. Clean or replace to maximize visibility.
- ✓ Check lights. Are batteries charged? Does generator work?
- ✓ Tighten fenders and carrier racks.
- ✓ Check all gears for broken or worn teeth.

...DON'T FORGET...

- Your route map, and this guide
- Bike repair kit
- First Aid kit
- Sunblock...even in the fog!
- Beverage and snack
- Camera